

STUDIO RIO'S



3707 Va. Beach Blvd. Ste 100
Va. Beach, VA 23452
757.650.7474

January 2021

Monday – Thursday: 5:30pm - 8:30pm
Friday: 5:30pm – 8:00pm
Saturday: 10:30am – 1:30pm
Sunday: Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><u>Class Legend</u> PINK = Pole classes at Studio GREEN = Fitness classes at Studio BLUE = Zoom Online classes</p>	<p>~ Zoom links can be found on our daily FB posts in the comments section. ~ Make sure to follow us on FB and keep yourself updated on what's going on.</p>	<p>~ All reservations for classes will now be done online via the Mindbody app. ~ Make sure to become familiar with our Covid 19 protocols.</p>		<p>1 Hello 2021!!!!!! Happy New Year!</p>	<p>2 10am - Take it to the Rear 11:15am - Hard Core with Slayer 11am - Poles 1 12:15pm - Pole Twerk with Cream</p>
3	<p>4 6pm - FU 7:15pm - Oh Split with Rio 6pm - Hell on Heels 7:15pm - Pole Play with Cream</p>	<p>5 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Poles 2 with Cream</p>	<p>6 6pm - 80's Ladies 7:15pm - Hits the Spot with Panther 6pm - Pole Control with Gypsy 7:15pm - Pole Flow with Elodie</p>	<p>7 6pm - 7:30pm - Going Rogue with Raven 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Inversion Slo Vrsn 7:15pm - Pole Play with Elodie</p>	<p>8 6pm - Taste of Twisted with Panther 6pm - Pole Twerk with Cream</p>	<p>9 10am - Outside the Box 11:15am - Hard A\$\$ with Slayer 11am - Poles 1 12:15pm - Hell on Heels with Cream</p>
10	<p>11 6pm - Hot Seat with Panther 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Pole Flow 7:15pm - Poles 3 with Elodie</p>	<p>12 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Pole Twerk with Cream</p>	<p>13 6pm - Blue Jeans or Bust 7:15pm - Crunch Time with Raven 6pm - Hell on Heels 7:15pm - Pole Play with Cream</p>	<p>14 6pm - Hey 19 7:15pm - Oh Split with Rio 6pm - Pole Control with Gypsy 7:15pm - Open Poles</p>	<p>15 6pm - 80's Ladies with Panther 6pm - Polerina with Legs</p>	<p>16 10am - Take it to the Rear 11:15am - Hard Core with Slayer 11am - Poles 1 12:15pm - Poles 2 with Cream</p>
17	<p>18 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Pole Control with Gypsy 7:15pm - Open Poles</p>	<p>19 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Hell on Heels with Cream</p>	<p>20 6pm - Blue Jeans or Bust 7:15pm - Crunch Time with Raven 6pm - Inversion Slow Version 7:15pm - Poles 3 with Exotica</p>	<p>21 6pm - Hot Seat 7:15pm - Hits the Spot with Panther 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Pole Ography 7:15pm - Poles 4 with Exotica</p>	<p>22 6pm - 80's Ladies with Panther 6pm - Hell on Heels with Cream</p>	<p>23 10am - Outside the Box 11:15am - Hard A\$\$ with Slayer 11am - Poles 1 12:15pm - Pole Twerk with Cream</p>
24	<p>25 6pm - Hot Seat with Panther 6pm - Blurred Lines 7:15pm - ABSession 7:45pm - Booty Blast with Cream 6pm - Inversion Slo Vrsn 7:15pm - Poles 3 with Exotica</p>	<p>26 6pm - 8pm - Ho Down and Muscles Please with Rio and Raven 6pm - Poles 1 7:15pm - Poles 2 with Cream</p>	<p>27 6pm - Blue Jeans or Bust 7:15pm - Crunch Time with Raven 6pm - Pole Control with Gypsy 7:15pm - Pole Flow with Elodie</p>	<p>28 6pm - FU 7:15pm - Oh Split with Exotica 6pm - Pole Twerk with Cream 7:15pm - Open Poles</p>	<p>29 6pm - 80's Ladies with Panther 6pm - Polerina with Legs</p>	<p>30 10am - Take it to the Rear 11:15am - Hard Core with Slayer 11am - Poles 1 12:15pm - Hell on Heels with Cream</p>